

CRISIS OF GIRLHOOD

A TIME OF PAIN AND PERIL

Miss Emma Cole Says that Lydia E. Pinkham's Vegetable Compound has Saved Her Life and Made Her Well

How many lives of beautiful young girls have been sacrificed just as they were ripening into womanhood! How many irregularities or displacements have been developed at this important period, resulting in years of suffering!



Miss Emma Cole

Girls' modesty and oversensitiveness often puzzle their mothers and baffle physicians, because they withhold their confidence at this critical period.

A mother should come to her child's aid and remember that Lydia E. Pinkham's Vegetable Compound will, at this time, prepare the system for the coming change and start the menstrual period in a young girl's life without pain or irregularities.

Miss Emma Cole of Tullahoma, Tenn., writes:

"Dear Mrs. Pinkham:—

"I want to tell you that I am enjoying better health than I have for years, and I owe it all to Lydia E. Pinkham's Vegetable Compound."

"When fourteen years of age I suffered almost constant pain, and for two or three years I had soreness and pain in my side, headaches and was dizzy and nervous, and doctors all failed to help me."

"Lydia E. Pinkham's Vegetable Compound was recommended, and after taking it my health began to improve rapidly, and I think it saved my life. I sincerely hope my experience will be a help to other girls who are passing from girlhood to womanhood, for I know your Compound will do as much for them."

"If you know of any young girl who is sick and needs motherly advice, ask her to write Mrs. Pinkham, Lynn, Mass., and she will receive free advice which will put her on the right road to strong, healthy and happy womanhood."

LOVE HIS UNDOING.

Fort Ethan Allen Soldier Said to Be in Military Prison.

Worcester, Mass., Oct. 16.—Love for a young woman in Baltimore has ended the military career of John E. Freed of this city, a private in troop F, 15th U. S. cavalry, who, according to stories that have reached his friends in this city, is now serving a sentence of a year at hard labor in the military prison at Fort Jay, in New York harbor, with loss of pay and all allowances and a dishonorable discharge from the army coming when the prison sentence is finished.

Young Freed, who was an officer before he enlisted in the regular army, joined the army in the Worcester recruiting station May 5th, 1905, and was assigned to the cavalry at Fort Ethan Allen. He left the fort July 1 without permission and came back to Worcester, where he hung around for a few days finally giving himself up at the local recruiting station and asking for transportation to Fort Ethan Allen. This was given him and he returned to his post, where he was let off with a fine.

His infatuation for a young Baltimore woman was so strong that he left the fort again in a few days and went to Baltimore, where he met his old sweetheart and where he remained until caught by the Baltimore police July 30. He was turned over to the military authorities at Fort McHenry, court-martialed for desertion and sentenced.

BOTH SIGN TREATY.

Was Officially Ended at Washington on Saturday.

Washington, Oct. 16.—The emperor of Russia and the emperor of Japan Saturday signed their respective copies of the peace treaty, thus officially ending the war.

A few minutes after noon Minister Takahira appeared at the state department with a message stating that the emperor of Japan had signed the treaty at Tokio. A cable message was immediately despatched to Spencer Eddy, charge of the American embassy at St. Petersburg, who was instructed to inform the Russian foreign office that the emperor of Japan had performed his part, and so, both copies of the treaty having been duly signed and each of the great nations lately engaged in hostilities having been officially informed of the act, the Russo-Japanese war, which began Feb. 8, 1904, with the attack by Togo's fleet upon the Russian ships at Port Arthur, terminated officially Saturday, Oct. 14, 1905.

INVITATION IS ACCEPTED

Extended by the Russian Government

TO THE UNITED STATES

For an International Peace Congress at The Hague, to Settle Complications Arising from the Recent War.

Washington, Oct. 16.—The state department has made public the invitations of the Russian government to a second conference at The Hague, and the president's response. These take the shape of two memoranda, one dated September 13, being an unsigned memorandum delivered by Baron Rosen to the president at Oyster Bay, and the other a memorandum dated October 12, also unsigned, delivered by the president to Baron Rosen in Washington. The first memorandum is a mere recital of the opportunity of another conference with the promise to submit a detailed program by Russia when the congress meets. The president's memorandum is a hearty acceptance of the invitation, and directs attention to the fact that his previous circulars to the powers appear to be precisely in line with the Russian papers. The last memorandum was delivered to Baron Rosen Thursday night for transmission to St. Petersburg.

The following is in part the president's memorandum in response: The president most gladly welcomes the offer of his imperial majesty to again take upon himself the initiation of the steps requisite to convene a second international peace conference as the necessary sequence to the first conference, brought about through his majesty's efforts, and in view of the cordial responses to the president's suggestion of October 21, 1904, he doubts not that the project will meet with complete acceptance and that the result will be to bring the nations of the earth still more closely together in their common endeavor to advance the ends of peace. As respects the further statement of his excellency's memorandum of September 13, that, as the late war has given rise to a number of questions which are of the greatest importance and closely related to the acts of the first conference plenipotentiaries of Russia, at the future meeting, will lay before the conference a detailed program, which could serve as a starting point for its deliberations, the president finds it in consonance with the indications of his circular of October 21, 1904, touching the questions to come before a second conference for discussion and the importance of completing the work of the first conference by ample exchange of views, and, it is to be hoped, full concord upon the broad questions especially relegated by the final act of The Hague to the consideration of a future conference.

A POSSIBLE CLUE.

Slain Burglar May Be Former Sheldon Man.

Sheldon, Oct. 16.—There is a possible clue to the identification of the burglar shot here early Friday morning by Ernest M. Trudeau, while attempting to crack the safe in the Jennings & Gallup Co's store.

The man is said to resemble Chester Tyler, who left this town seven years ago, abandoning his wife. He has been heard from only once since, and then he was in Denver, Colo. Tyler's brother-in-law, Edward Chamberlain, says Tyler cut his foot with an axe several years ago, but there is no scar on either of the dead man's feet. Tyler's mother, who lives on what is known as French Hill in Enosburg, about eight miles from here, has been sent for in the hope that she may be able to identify the body.

Photographs of the dead man have been taken and sent to various officers. It is learned that the burglar and a companion took supper at Sheldon Junction the evening before the shooting.

Vermont in the Autumn.

Any Vermonters who either through carelessness or overshadowing business cares has forgotten how beautiful is the state in which we live should veritably take to the woods these days. What we are wont to call our verdant hills are now clad in their beautiful autumnal robes, and the brilliant and varied-hued evergreen trees are interspersed with dashes of rich crimson and gold, russet and brown. The panorama spread out before the eyes of the visitor to any lofty outlook is well calculated to cause the beholder to be thankful for the privilege and the blessing of living.

Sometime the people of Vermont will be able to lead visitors from other States to appreciate the joys of life in the Green Mountain State in October; for, in October, the coat of many colors in which our hills are clad in this season, the air has a bracing quality which can be fully appreciated only by those who have enjoyed its invigorating effects. When that glad time comes Vermont's autumnal beauties and attractions will be enjoyed by October tourists as our green hills and sparkling lakes and streams are now enjoyed by summer visitors.—Burlington Free Press.

Couldn't Keep Them in Stock.

Miss Fanny E. Davies, principal of the Wyckham Rice School at Washington, Conn., tells the following about business methods in towns.

While the Rosemary Hall school was located at Wallingford, Conn., the girls used to buy their tennis shoes from a local dealer, and as they were nothing but "sneakers" on their regular tramps through woods and fields, there was great demand for that kind of shoes. One day a teacher and several girls went to buy more shoes, but were told by the storekeeper that he didn't keep that kind any more. They asked him why not, and he replied: "It's no use trying to keep them in stock; they sell off as fast as I get them in."—Boston Herald.

Heart Weakness.

Dr. Miles' Heart Cure has made many hearts well after they have been pronounced hopeless. It has completely cured thousands, and will almost invariably cure or benefit every case of heart disease.

Short breath, pain around heart, palpitation, fluttering, dizzy, fainting and smothering spells should not be neglected. Take Dr. Miles' Heart Cure and see how quick you will be relieved.

It cannot make a new heart, but will restore a sick one by strengthening the heart nerves and muscles, relieving the unnatural strain, and restoring its vitality.

"I had a very bad case of heart trouble. For six months I could not work. Last July I was plowing corn and feeling bad all day, in the afternoon in plowing one row I had to lay down, or fall down, three times. My heart throbbed as though it would burst through, and I had difficulty in getting my breath. I purchased a bottle of Dr. Miles' Heart Cure, and before I had used half of it I could lay down and sleep all night. Previously I had to get up from five to ten times a night. I have taken several bottles, and my heart is as regular as clock work. I feel like a new man, and can work considerably for an old man, 44 years old."

H. D. McGill, Frost, Ohio.
Dr. Miles' Heart Cure is sold by your druggist, who will guarantee that the first bottle will benefit. If it fails he will refund your money.
Miles Medical Co., Elkhart, Ind.

MARSHFIELD.

The youngest child of S. H. Unwin is quite ill.

Nahum Kidder of Boston is the guest of S. W. Cole and family.

Mr. Clark visited his daughter, Mrs. H. D. McOrillis, Wednesday.

E. A. Rosebrook began drawing his pressed hay to Barre Saturday.

Mrs. Carnes of Peacham is in the Mollys Falls telephone central.

C. C. Bent lost one of his valuable cows last Thursday by death.

Dean H. Batchelder has engaged with H. D. B. Dwinell for the winter.

Curt L. Martin lost a valuable new milch cow last week by pneumonia.

Elmer Powers had a telephone placed in his house Friday on the Union line.

Wesley D. Lamberton entered a veterinary college in Montreal last Monday.

Workmen are clearing the cellar for the rebuilding of the Congregational church.

George Bliss, an uncle of the late A. N. Bliss, is the guest of Mrs. Flora Bliss and family.

Only one dozen excursionists took the Boston trip from this station. It was by far the smallest number in years.

L. D. Nute, one of our celebrated horse trainers, was in New Haven, Conn., last week with one of his fancy horses.

P. T. Kellogg of Whitefield, N. H., was in town the first of the week, looking after his property interests there.

Charlie George has completed his work in the livery for G. F. Bliss, and has engaged with Fred Lamberton at the mill.

Marshfield creamery paid patrons 24 cents per pound, oil test, for September butter. A full report for the month will appear next week.

Mrs. Lucinda Northrop is visiting in Hardwick at Samuel Estabrooks'. Mrs. R. L. Cameron is also visiting friends in the same town.

T. R. Barton has purchased his stock of hardware and in the near future we expect to see him assuming his familiar position behind the counter.

Arthur Blake and Bernice Phelps, the two rural mail carriers from this office, have purchased the regulation uniform, and are now clothed in the attractive gray.

Mrs. Inez Lamberton Barnes left for her home in Sharon Wednesday. She visited her sister, Mrs. Alma Case, in Plainfield, returning to her home Thursday.

Mrs. Madeline Nichols Abbott, formerly of this town, now of Lewiston, Me., was in town visiting her mother and shipping her household goods the first of the week.

Mrs. Curtis L. Martin hears very favorable reports from her partially blind boy, Stephen, who is in Boston attending the school for the blind. He is happy and well.

All who are acquainted with our former pastor, W. E. Newton, now of West Enosburg, will congratulate Rev. and Mrs. Newton upon the birth of a son, which arrived at their home recently.

Attention! "Stay at home Knights!" The local order K. of P. is expecting an unusually good time next Monday evening. Refreshments will be in order. All brothers Knights are requested to attend.

B. L. Cameron has the distinction of being the latest to pick berries this season. Last Wednesday he found a fresh, ripe raspberry, also a strawberry on the vine, both untouched by frost, very near the top of Lord's hill. Weather prophets tell us these broken an open, hard winter.

AT RUTLAND, NOV. 8.

Place and Date of Convention of Spanish War Veterans.

Rutland, Oct. 16.—The annual convention of Vermont Spanish War Veterans will be held here November 8. A business meeting will be held at 2 o'clock, a social hour at 8 o'clock, and a banquet at 9 o'clock.

New Chair Factory for Hartford.

White River Junction, Oct. 16.—A chair factory in the village of Hartford to take the place of the one destroyed by fire and afterwards rebuilt in Brattleboro, is projected, and the machinery for it is being put up in the French-Watson building.

REDFIELD PROCTOR, JR., ON TUBERCULOSIS.

Himself a Patient Recently, He Tells of Treatment at a Saranac Lake, N. Y. Sanitarium.

Redfield Proctor, Jr., son of Senator Proctor, who has given \$150,000 for a state tuberculosis sanitarium, writes in the October Vermonters of the manner of treatment at Saranac Lake, N. Y. Mr. Proctor was in a sanitarium there several months. He writes in part as follows:

Of what does "the cure," as the open air treatment is spoken of, consist? The answer to this often-asked question is to many surprising in its simplicity. Its main features are complete rest, plenty of pure air, and the best of simple, nourishing food. The sole secret lies in perfecting the general health to the highest degree possible and in this way Nature throws off the disease herself. Almost no medicine is given. The patient rises from 7 to 8 o'clock in the morning and has breakfast immediately. Soon after breakfast, by 9 o'clock, he takes up his station in a reclining chair on a porch or balcony. Here he remains quietly until just before dinner which is usually at 1 o'clock. The afternoon is very similar to the forenoon, and supper comes at 6. The patient may or may not sit out in the evening as he sleeps in a room or out of doors. This is the regular life from day to day of a patient who is able to be dressed but not able to walk. If a patient is confined to his bed, the latter may be rolled on to a balcony, or if this is not possible he remains in his room with the windows wide open.

One who persistently runs a temperature of a hundred or over is kept in bed while many others are able to walk from fifteen minutes to an hour once or twice a day. Sleeping out of doors which is so much talked about of late, is not insisted upon by any of the doctors, but of course plenty of air in the sleeping room is required. In fact, the doctors advise against sleeping out of doors unless after a fair trial the patient finds he can sleep quite as long and restfully as in the house. Many sleep out of doors in the summer who are not able to do so in the winter. One should not sleep in a draught, although out of doors it is at times quite difficult to keep the wind from blowing on the bed. When sleeping in a corner room open the windows both ways but do not put the bed between them. Always open the window some at both top and bottom, and if possible open more than one window. Cold is to most people stimulating, but there is no particular virtue in extreme cold. If the room is perfectly aired, nothing is gained in having the temperature below freezing. The writer has slept many months out of doors on a porch or in a corner room from which the windows had been removed. He has repeatedly read a thermometer hanging on the bed below zero, and at times from 10 to 15 degrees below but even under these conditions with the pro-

Apikozo

round biscuit square meal

per clothing he never experienced the slightest discomfort. It is not wise to remain cold when either out of doors or in, but one soon becomes acclimated to extreme low temperature. Patients are supposed to go to bed between 9 and 10 and to remain in bed at least nine hours. The diet consists of the most nourishing but simple food. Plenty of fresh meat such as beef or lamb and some fowl. Large quantities of milk and eggs are taken when possible for the patient to do so and this is usually the case even if not at first. One often reads of the most absurd accounts of the number of eggs and amount milk consumed by patient in a single day. Three quarts of milk and six eggs cooked not too long or taken raw from the shell is a very liberal amount when the patient is eating three good meals daily besides. Some of the milk and eggs can be taken together. It is best to take something between meals and when going to bed, and often when sitting out in the cold all day bouillon or cocoa is preferable to cold milk.

Every precaution is taken against infection. No expectorating is allowed in the streets or in public places of any sort. All patients carry cuspidors or small squares of cheese cloth which can be readily burned. The most improved form of pocket cuspidors is one of light, thin pasteboard with absorbent cotton. There are numberless forms suitable for use about the house, but here again some sort of paper or thin pasteboard lining for a metal or earthen holder is preferable as burning is much safer and easier than any amount of rinsing even with disinfectants. Japanese paper napkins and paper bags are quite as good and less expensive. Cheese cloth should be used in place of handkerchiefs, but if the latter are carried at all they should be soaked twenty-four hours in diluted carbolic acid before washing. The mouth should always be covered when coughing or sneezing. All dishes should be scalded after use and all rooms thoroughly fumigated when vacated.

E. M. Goddard, curator for the Vermont Historical society, has had the portraits of Henry Stevens and Candace (Salter) Stevens, his wife, handsomely framed and hung in the rooms of the society at the State House in Montpelier. Mr. Stevens was a native of Barre, was the founder of the Vermont Historical society, and later in life became one of the most noted of American authors and bibliographers. He died July 30, 1861. These portraits were presented to the society by Mrs. Charlotte Stevens, wife of the late Benjamin F. Stevens.

MELLIN'S FOOD
Wins
Gold Medal
at
Portland, Oregon
Highest Award

The
CROSSETT
Shoe
"MAKES LIFE'S WALK EASY"
TRADE-MARK
Fall and Winter Styles.
New Lasts and Leathers.
SIX FREE SHINES
with every pair at
John McLean's,
200 North Main St., - Barre, Vermont.

NONE SUCH MINCE MEAT
TWELVE MILLION
PACKAGES LAST YEAR: SOME
ONE WAS SATISFIED.
MERRILL-SOULE COMPANY
SYRACUSE, NEW YORK
IN 2-PIE 10c PACKAGES

Come Now Own Up

You don't like those gray hairs, do you? And your husband certainly doesn't like them. Then why not try a bottle of Ayer's Hair Vigor? It restores color to gray hair every time, all the deep, rich color of early life. And it cures dandruff also. Sold for 60 years. J. C. Ayer & Co., Lowell, Mass.